



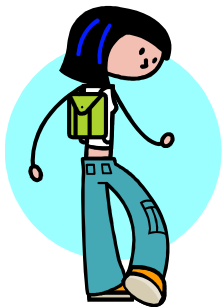
OCTOBER 6, 2010



Students who live within walking distance to school are encouraged to walk to school on Wednesday, October 6th in observance of International Walk to School Day!

The Benefits of Walking to School:

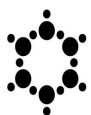
- **Improves Health** - walking and biking provide recommended physical activity, which can help maintain a healthy weight, relieve stress, boost energy levels, and curb the negative effects of a sedentary lifestyle.
- **Reduces Traffic** - walking and bicycling reduce the number of motor vehicles on the road.
- **Saves Money** - walking and bicycling do not require expensive fuels.
- **Improves the Environment** - the reduction in automobiles means a reduction in carbon dioxide emissions and noise pollution.
- **Strengthens Relationships** - walking and bicycling provide a chance for parents, neighbors and friends to spend quality time together and look out for one another.



How to Get Involved:

Walking to school is all you need to do to partake in International Walk to School Day! If you wish to volunteer your services in implementation of the day's events, please contact:

Cara Wickens (Bloomington Hospital)
(812)353-5437 / cwickens@bloomingtonhospital.org



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